

ABSTRACT

Nutrient compositions and methods that sustain and promote positive metabolic energy levels in a targeted manner are disclosed. Methods utilize endogenous energy stores (fat oxidation), increase use of those stores (increasing transport rate), increase available energy (increasing the ability to perform ADP to ATP phosphorylation,) as well as decrease catabolism and increase protein synthesis. Compositions are also disclosed, and include Mono- or Dcreatine-HMB salt; Putrescine Dihydrochloride; Alanine; L-Glutamine, which may be combined with Alanine in a 1:2 to 2:1 molecular ratio; Trimethylglycine; and Guanidinopropionic Acid.